

## CLAIMS

I claim:

1. An apparatus for training athletes to maintain a low center of gravity, comprising:  
means to adjustably fit and secure the apparatus around the waist of the uniformed athlete;  
means to adjustably fit and secure the apparatus around each foot of the athlete wearing the shoe or boot of the athlete's respective sport; and  
means to adjustably connect the waist fitting means separately to each foot fitting means comprising means to release the connection means from the foot fitting means when the athlete's leg extension exceeds a predetermined angle.
2. The apparatus of claim 1, wherein the means to adjustably fit and secure the apparatus around the waist of the uniformed athlete further comprises a strap comprising means to attach to the belt of the athlete's uniform pants.
3. The apparatus of claim 2, wherein the strap further comprises nylon.
4. The apparatus of claim 1, wherein the means to adjustably fit and secure the apparatus around each foot of the athlete wearing the shoe or boot of the athlete's respective sport further comprises an ankle strap having an adjustable forward front side and a rear back side, a second strap having two ends, wherein the second strap first end is

attached to the middle of the ankle strap at a point equidistant between the forward front side and back side on the outer portion of the ankle strap, wherein the strap forms a loop to be secured beneath the shoe bottom, wherein the second strap second end is adjustably attached to the middle of the ankle strap at a point equidistant between the forward front side and back side on the inner ankle portion of the ankle strap securing the strap around the shoe bottom, and wherein the back side ankle strap further comprises a metallic ring securely attached thereto at a position behind the athlete's heel.

5. The apparatus of claim 4, wherein the ankle strap and the second strap further comprise nylon.
6. The apparatus of claim 1, wherein the means to adjustably connect the waist fitting means separately to each foot fitting means further comprises two straps, each strap comprising a top end, a bottom end, and lengthening adjustment means wherein the strap length can be sized to a predetermined dimension, wherein each top strap end comprises means to attach to the waist fitting means, and wherein each bottom strap end comprises means to attach to one of the foot fitting means.
7. The apparatus of claim 6, wherein means to attach the top strap end to the waist fitting means further comprises a metallic snap attachment whereby the top strap end is looped over the waist fitting means and secured thereto by closing

the snap, and whereby the top strap end can travel along the waist fitting means.

8. The apparatus of claim 6, wherein means to attach the bottom strap end to the foot fitting means further comprises at least one Velcro end which closes around an attachment means on the foot fitting means, and which releases therefrom upon the force applied when the athlete's leg extension exceeds a predetermined angle.
9. The apparatus of claim 6, wherein the straps further comprise an elasticized portion.
10. The apparatus of claim 6, wherein the strap lengthening adjustment means further comprises a hook-less buckle adjustment.
11. The apparatus of claim 6, wherein the strap lengthening adjustment means further comprises an adjustable snap assembly.
12. A method of training an athlete to maintain a low center of gravity during a particular phase of competition wherein both of the athletes feet begin beneath the athlete and in contact with a playing surface or the ground, the method comprising the steps of:  
selecting the phase of competition for the desired training;  
positioning the athlete according to the desired phase;  
measuring the vertical distance between the athlete's heels and waist while positioned in the desired phase;  
adjusting the length of each of two straps, each strap

comprising an attachable top end, a releaseable bottom end, and lengthening adjustment means to the vertical distance measurements of the preceding step predetermined dimension;

dressing the athlete in the uniform or clothing to be worn in the competition;

adjustably and securely fitting the athlete with a strap around the waist of the uniform or clothing, the strap comprising means to attach to the belt of the athlete's uniform or clothing;

fitting each foot of the athlete with the footwear of the particular sport;

fitting each foot with an foot attachment secured on the outside of the footwear worn by the athlete;

attaching each adjusted strap length top end to the waist strap so that each adjusted strap length hangs down the outside of one of the athlete's thighs;

repositioning the athlete in the position from which the measurements of the preceding steps were taken;

attaching each adjusted strap length bottom end to the corresponding foot attachment;

proceeding with the desired phase of the sporting activity;

stopping the activity each time a strap length bottom end releases from a foot attachment;

evaluating the reasons for the athlete's failure to maintain the desired low center of gravity;

- taking corrective action;
- adjusting the strap length as necessary; and
- repeating the steps until the desired level of training has been achieved.
13. A kit for training athletes to maintain a low center of gravity, comprising, in combination:
- a waist strap comprising means to attach to the belt of the athlete's uniform pants;
- an ankle strap having an adjustable forward front side and a rear back side, a second strap having two ends, wherein the second strap first end is attached to the middle of the ankle strap at a point equidistant between the forward front side and back side on the outer portion of the ankle strap, wherein the strap forms a loop to be secured beneath the shoe bottom, wherein the second strap second end is adjustably attached to the middle of the ankle strap at a point equidistant between the forward front side and back side on the inner ankle portion of the ankle strap securing the strap around the shoe bottom, and wherein the back side ankle strap further comprises a metallic ring securely attached thereto at a position behind the athlete's heel; and
- two side straps, each side strap comprising a top end, a bottom end, and lengthening adjustment means wherein the strap length can be sized to a predetermined dimension, wherein each top strap end comprises means

to attach to the waist strap, and wherein each bottom strap end comprises means to attach to the metallic ring on one of the ankle straps.

14. The kit of claim 13 wherein the straps further comprise nylon.
15. The kit of claim 14 including an elasticized portion on each of the side straps.
16. The kit of claim 15 wherein means to attach to the metallic ring on the ankle strap further comprises a Velcro strip which attaches to the ring by forming a self-attaching loop.
17. The kit of claim 15 including a metallic snap attachment whereby each side strap top end is looped over the waist strap and secured thereto by closing the snap, and whereby each side strap top end can travel along the waist strap.
18. The kit of claim 17 including a hook-less buckle adjustment on each of the side straps wherein the side strap length can be adjusted.
19. The kit of claim 17 including an adjustable snap assembly on each of the side straps wherein the side strap length can be adjusted.